



2009

Holiday Schedule

ALL CLASSES ARE SIGN UP ONLY
 Mothers Day, May 10th w/Carly
 Memorial Day, May 22nd-25th
 we will not have classes if there are not enough
 people, so be sure to commit for memorial day
 weekend classes by May 18th

◆ **MAY SPECIALS ~ It's time to get Tank Top Toned!**

Join Lizz Saturday May 16th @ 9:45 am for a special 1.5 hour workshop. Class is only \$25 or \$20 for members - packages do not apply. Sign up now - Space is limited!

May Days - Enjoy these special offers the first 10 days of May. Buy a 10 pack or more of classes & get 1 class FREE! Plus, get \$10 off for every \$50 you spend on retail! Give your mother the gift of health - purchase a gift certificate of \$50 or more & get \$10 for yourself!

Next Bootcamp Session is May 31st - June 27th, only \$199 for 12 classes plus a FREE Isagenix Nutrition Seminar! Choose from 3 timeslots - Stop by the front desk to sign up or get more details.

*** Fit Recipe ***

Arugula, Caramelized
 Onion & Goat Cheese Pizza

- 1 T of olive oil
- 1 medium red onion, cut in half and thinly sliced into 1/2 moons
- 4 C of arugula, washed, dried and coarsely chopped
- Salt & fresh ground pepper to taste
- 4 6-inch whole wheat tortillas
- 2 oz fresh reduced fat goat cheese

Preheat oven to 400. Heat the oil in a large non-stick skillet over medium heat. Add the onion and cook, stirring until golden and the edges are browned, 10 to 12 min. Add the arugula and cook until it is wilted, about 1 min. Season with salt and pepper. Place the tortillas on a baking sheet and top each one with arugula mixture. Crumble the goat cheese over each and bake until the tortillas are crisp and the cheese is slightly melted, about 10 min. Let cool, cut into 4 wedges and serve!

Fit Results - Julie Newman

We would like to introduce Julie Newman, BodyFit's May client of the month! Julie currently resides in Plymouth with husband of 24 years and her two daughters, Amanda & Jenna. Prior to working out at BodyFit, Julie mostly would walk or bike. Then Julie heard about BodyFit while visiting our neighbor, Solid Grounds. Rita mentioned to Julie that she noticed how toned the women are that take classes at BodyFit! When asked what she likes most about the workout, Julie said "regardless of the shape or size of a woman's body, the workout routine is right for everybody. Also, I have at least one class with each instructor at the studio and each one truly makes me feel comfortable with my body, personally encouraging and coaching me to a strong, healthy workout." Julie started taking class at BodyFit with the intent to "shape and tone" her body, which she says, "I am very pleased with the results and it happened much sooner than I expected, in just a few weeks I actually have a lift in my seat and toned legs and thighs....I've tossed the spandex body shapers in the trash, that was sooo rewarding!" Julie is involved in FitBarre, Yoga and Bootcamp classes at Bodyfit. Thanks Julie!



Join our Bodyfit Team @ the 18th Annual



Saturday May 30, 2009
 Comerica Park

5k Run, 5k Walk or
 1 Mile Walk

Go to
www.karmanos.org/detroitraceforthecure
 to register. Click on team member registration;
 chose Bodyfit Team and continue.

Bodyfit Team t-shirts will be available shortly for purchase:)

*Let's step up to the barre to
 help cure cancer!*

BodyFit's first Northville Partner is Simply Wine!!!

Join us Friday May 8th at 7pm for a Wine Tasting Event exclusively for our members & friends!

Memberships are only \$69/year - pre-buy yours now or come to our first event & find out more details then! Simply Wine & Bodyfit will be offering sales during this event. Plus, if you bring a friend we will give you an additional 10% OFF any purchase at Bodyfit! We look forward to enjoying all of you in this more casual girls night - we promise, no push ups:)

Please RSVP by Thursday May 7th & feel free to RSVP for future fitness friends!



Members Only May Special
 Bring in this newsletter to Simply Wine &
 receive \$5 OFF your purchase of \$30!